



Behavioral Developments

THE OFFICIAL NEWSLETTER OF THE SDBP



Dear SDBP members,

We wanted to send you a quick newsletter to get you excited for the upcoming annual meeting!

In this issue, please check out a fantastic spotlight on Advanced Practice Clinician (APC), Jennifer Hensley, DNP, CPNP, PMHS. Dr. Hensley conducts inspiring and innovative clinical work and research on improving access to Developmental-Behavioral Pediatrics care for military families. We also have a special feature on telehealth written by Meagan Butsch, DO and Paul Patterson, MD. Dr. Butsch will be leading a series of articles in future editions focused on timely issues in the area of telehealth. We have also included important updates and meeting reminders from our Committees, SIGs, and sections.

Finally, have you noticed the new look to our newsletter? You can thank our amazing Communications Social Media Lead, Michele Ledesma, MD, for adding new color and vibrancy to our look. Please check out a brief spotlight on her below.

Fall 2020

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SHRUTI MITTAL, MD & ALYSSA SCHLENZ, PhD

Co-Editors

MICHELE LEDESMA, MD

Layout



ANNUAL MEETING 2020 Coping with Complex Problems: Developing Creative Solutions

October 9-12, 2020 · www.sdbp.org

Sessions **live** on US Eastern time
and also available **on-demand**



Everyone is invited to attend the **2020 Society for Developmental & Behavioral Pediatrics Annual Meeting**. The Program Committee is excited to offer a robust and educational meeting through an interactive, **virtual** experience!

Registering for the Annual Meeting gives you access to all the live and recorded sessions this year, including all concurrents, platforms, and plenaries as well as topical break-out discussions, poster sessions, and networking lounges. You can add Workshops and/or the SDBP/NAPNAP Symposium to your registration (at additional costs) or only register for them separately. SDBP trainees are eligible for one Workshop free with meeting registration.

The virtual meeting platform is now open for you to plan your annual meeting experience!

[**Register Now!**](#)

Member Spotlight



SDBP Spotlight

Jennifer Lee Hensley, DNP, CPNP, PMHS



Developmental-Behavioral Pediatric Nurse Practitioner

Dr. Jennifer Hensley is a developmental-behavioral pediatric nurse practitioner at Fort Belvoir Community Hospital and sees military families reassigned for DBPeds care from all of the world to the National Capital Region. She received her advanced nursing degree at Saint Louis University and her doctor of nursing practice degree from the very first DNP graduating class (2009) at the University of Alabama (Roll Tide). She is also a Clinical Assistant Professor in Developmental Behavioral Pediatrics at Uniformed Services University and the Fort Belvoir Community Hospital Product Line Chair DBPeds. Her clinical interests are focused on military children with autism spectrum disorder (ASD) and complex DBPeds patients.

It is a privilege for Dr. Hensley to serve those that are serving and even more of a privilege to serve our nation's heroes with children with complex developmental special needs. According to Defense Health Agency Autism personnel, there are over 30,000 military children that have been diagnosed with ASD. After diagnosing hundreds of military dependents with ASD, Dr. Hensley envisioned what she felt like would be the ideal methodology for diagnosing and implementing a complex treatment plan for her patients. To accommodate for the additional support and education necessary for military caregivers of children with ASD she has pioneered the Autism Resource Clinic (ARC), a clinic available to all Tricare enrolled families with a child with a diagnosis of ASD. The ARC consists of medical experts, school personnel, community liaisons, and advocacy groups. The ARC has been expanded to two other military installations, Walter Reed

National Medical Center and Naval Medical Center Portsmouth. Currently, Dr. Hensley is conducting research to validate the ARC and is working with the Defense Health agency to standardize a toolkit for the ARC with the vision to expand this clinic throughout the military and into the civilian sector. She is a chapter author in the textbook *Behavioral Pediatric Health Care for Nurse Practitioners Chapter 27 Child Behaviors within Military Families*. This book received a First Place Award in 2018 from the American Journal of Nursing for Book of the Year in the area of Psychiatric Mental Health. She is currently a member of the NAPNAP DBPeds SIG, AAP DBPeds SIG, and SDBP APC.

Outside of work, Dr. Hensley enjoys working out, going on adventures, and spending as much time with her family as possible. She is an active duty military spouse and mother of two West Point cadets and a rising senior in high school. Her most cherished quote is *Spread love everywhere you go. Let no one ever come to you without leaving happier.* ~ Mother Teresa

Michele Ledesma, MD

SDBP Social Media lead

Joining our newsletter team is Michele Ledesma, MD. Michele completed her fellowship in Developmental-Behavioral Pediatrics at Yale University and is now an attending physician with Boston Children's Health Physicians and Maria Fareri Children's Hospital in Valhalla, NY, with an academic appointment at New York Medical College, where she also edits the Developmental & Behavioral Newsletter! She is originally from the Philippines and has been trying to stay healthy during the pandemic by practicing barre3 most mornings, but often ends up baking cookies instead.



Special Feature

Telehealth



Uses of Telehealth in Neurodevelopmental Pediatrics: Considerations for Your Practice

MEAGAN BUTSCH, DO, MAJ, MC, USA

Developmental-Behavioral Pediatrics

Tripler Army Medical Center

PAUL PATTERSON, MD, LTC, MC, USA

Fellow in Developmental-Behavioral Pediatrics

Madigan Army Medical Center



Telehealth is surging to the forefront of the medical frontier due to recent events. The current pandemic represents yet another barrier to care for children with special health care needs. Even in the absence of a pandemic there is a shortfall; wait times for pediatric subspecialists are among the highest at 18.7 weeks in 2017 and have increased compared to prior reports in 2012 when wait times were estimated at 14.5 weeks (Groves D., 2012). There is no expected boon of graduating neurodevelopmental specialists. This news is only further distressing with the understanding that Developmental Behavioral Pediatric fellowships continue to fill only half the available positions for training. Telehealth platforms are not new to everyone in addressing access to care; the military healthcare system has long faced hurdles with respect to accessing care in remote locations and telehealth has been a mainstay in the military's ability to perform itinerate care. Medical literature demonstrates support for the use of various telehealth platforms to evaluate children with complex medical needs and are quickly becoming more available.

Further telehealth has been found to have cost saving benefits when estimated by time and distance traveled for telehealth use compared to the equivalent access in person, which is often performed at a major medical center. Immeasurable advantages of telehealth use include having patients and parents co-located to their home support system as well as allowing for potential partnerships between urban tertiary care centers and rural community hospitals (Soares, 2012).

Telehealth or telemedicine describes a range of applications, both synchronous and asynchronous, that can be used to interact with families. Synchronous, or real-time telehealth can be used to visualize and speak directly to the patient or consulting provider to guide clinical practices. Asynchronous, the 'store and forward' method of telehealth, allows for data gathering and forwarding to the physician or provider to analyze and assess at a more convenient time.

Synchronous

- Multi-use platforms allow physicians and providers the ability to communicate with their patients via protected phone numbers, video chat, and fax.
- Video chat platforms allow for connectivity (with varying levels of ease) between the patient at home and the physician in real time.

- Many of these platforms have applications available on iOS and Android.
- Video platforms are growing in popularity for when remote evaluations must have an observational component – specifically, video telehealth can be used for real time observations of a child’s behaviors in their home environment.

Asynchronous

- Online tools that coordinate the care, monitoring, communication and practice improvement for specific neurodevelopmental disorders. Some allow tracking of medications, symptom screening forms and, if clinics choose, process improvement in how their clinic approaches the disorder.
- Remote autism assessment platforms are tools which allow parents and providers the ability to capture behaviors via video recording and forward to clinicians for observations.
- eConsult tools for primary care physicians and providers give the ability to directly message subspecialists with clinical questions and for guidance in care.

Regardless of the use of telehealth in current practice, providers should become familiar with the technology because it will be an increasingly essential part of Developmental Behavioral Pediatrics. New platforms, as well as tools for evaluation, are emerging constantly. Each method has its individual trade-offs and deciding the best form and application of telehealth for any clinic should be determined by these primary concerns:

- Your state’s legislation and reimbursement policies.
- Patient population (what age and concerns do you plan to evaluate via telehealth)?
- Which media will be most effective (video, telephone, remote online tool)? – Pick and research telehealth tools and platforms.
- Ease of access to internet connectivity for clinic and patients.
- Scheduling and organizational capability of the clinic.
- Ability to practice your observational agility!*

If you find yourself with questions regarding the pros and cons for neurodevelopmental evaluations via video telehealth platforms (or any other platform) please do not hesitate to reach out. My team and I hope to assist you in providing the best care possible for all our children. The implementation of telehealth in Developmental Pediatrics has been assessed, and as time has shown, continues to have important applications to the continued evaluation of our special needs children.

*The ability to quickly assess and think about what you have seen, heard and noticed regarding a child’s behaviors

Meagan can be reached at meagan.r.buttsch@gmail.com.

REFERENCES

Groves D. (2012). *Pediatric Subspecialist Physician Survey of Children's Hospitals by NACHRI Child Health Policy Research and Analytics*. Alexandria VA: National Association of Children's Hospitals and related Institutions.

Soares, N. S. (2012). Telehealth in Developmental Behavioral Pediatrics. *Journal of Developmental Behavioral Pediatrics* .



Committee, SIG, & Section News

Education Committee



JENNIFER POON, MD

Co-chair

The Education Committee is excited to announce that its annual **Teaching DBPeds Workshop** will be held on October 8-9, 2020. This workshop is designed to assist educators in the development and implementation of effective, efficient, and innovative curricula and teaching strategies for interprofessional trainees in DBP. At the end of each day, there will be a time for networking and follow-up discussion with presenters.

This year's sessions include:

- Room for Improvement: Working with Trainees to Address Competency Deficiencies
- Come Play with Us! Teaching the Art of Play for Developmental Promotion, Evaluation, and Community Engagement in the Face of a Pandemic
- Sparking Interest in the Online Learner: Enhancing Behavior and Development Education in the Digital Space
- X+Y in DBP: Meeting the Learners' Needs while Adapting to Pediatric Residency Schedule Changes

- Back to Basics: Teaching and Remediating Patient- Centered Interpersonal & Communication Skills
- Teaching Professionalism through a Case- Based Curriculum
- Using hands-on and novel learning technologies to build capacity for identification of ASD in the medical home: A resident training curriculum

We are scheduled to meet as a committee on **Sunday, October 11**, where we will be discussing the new online teaching resources workgroup that is forming to support DBP educators to work collaboratively and share resources. Brief updates will be given by SDBP members who are also active in organizations such as the American Board of Pediatrics, Council of Medical Student Education in Pediatrics, Council of Pediatric Subspecialties, to name a few.



A big welcome to co-chair, elect, **Noel Mensah-Bonsu**, who will be joining Jennifer Poon! Noel is the DBP Fellowship Program Director at Baylor / Texas Children's Hospital and is excited to join the Education Committee as a Co-Chair. She is originally from Seattle, WA, trained in Chicago, and will never leave Houston. Her vision for the Education Committee is to collaborate and share resources more effectively to work smarter, not harder. Outside of work, she enjoys spending time with her husband of 18 years and their three rascal children, cooking, learning, and adventuring. Many thanks to Sarah Nyp the outgoing co-chair who has been a fearless leader, inspiring us with phrases such as "Innovation to Implementation!" and "From Passion to Productivity!"

Communications Committee



ALYSSA SCHLENZ, PhD & JEFF YANG, MD

Co-chairs



The Communications Committee invites everyone to join our committee meeting on **Sunday**,

October 11th at 10-11am Eastern time (9-10am Central / 8-9am Mountain / 7-8am Pacific).
Be a part of our dynamic group as we prepare to launch an exciting digital strategy for SDBP!
Social media, blog-post writing, and other communications interests and talents are highly appreciated - or even if you just want to learn with us.

We look forward to following your experience for this year's virtual annual meeting! Tag us on
Twitter, Facebook, & Instagram -- [@SDBPeds](#) and [#SDBP2020](#)!



Psychology Section



KARLA FEHR, PhD & JASON FOGLER, PhD

Co-chairs



Please mark your calendars for the **Psychology Section Meeting** on **Friday, October 9th** from **2:15-3:00pm ET!** All are welcome.

We will be discussing SDBP's diversity initiatives. Please come to share and learn about experiences with diversity and inclusion initiatives across institutions as well as discuss Diversity, Equity, and Inclusion initiatives for our section.

We will also be conducting an updated membership survey during this meeting to inform current needs and determine where we need to go to meet our members' needs moving forward. This update of the membership survey will allow us to determine trends and changes in our group over the past 5 years. We hope to have a good turn out to make sure all views are included.

We look forward to seeing you virtually!

Fellowship Training Section



BARBARA TRUE FELT, MD & ROBERT G. VOIGT, MD

Co-chairs

The Section on Fellowship Training will **NOT** be meeting during the regular SDBP Annual Meeting this year, so that our Section members can take advantage of all sessions being offered by the virtual meeting – a separate meeting was held in September.

If you are reading this, and you are a DBP Fellowship Program Director who does not receive e-mails from Barbara or Bob, please e-mail us (truefelt@med.umich.edu; rgvoigt@texaschildrens.org) to get on our e-mail list. As Bob V will be completing his term as Co-chair of the Section, we will also be selecting the next Co-chair during the Zoom call.

Advanced Practice Clinician Section

JENNIE OLSON, RN MS CPNP PMHS

Co-chair

The **Society for Developmental & Behavioral Pediatrics** and the **National Association of Pediatric Nurse Practitioners** (NAPNAP) present a case-based approach to psycho-educational testing, developmental assessment, and optimizing educational outcomes for children with developmental/behavioral challenges.



This symposium is appropriate for:

- Advanced practice clinicians in Developmental-Behavioral Pediatrics and mental health
- Primary care providers, including nurse practitioners, physician assistants, general pediatricians and family practice physicians
- NP/PA students

This will be an exciting, interactive symposium spread over two half-day sessions filled with clinically relevant information presented by an interdisciplinary team of experts, including:

Adiaha Spinks-Franklin, MD, MPH

Texas Children's Hospital/Baylor College of Medicine

Sadiqa Cash, PhD

Meyer Center for Developmental Pediatrics & Autism Center

Texas Children's Hospital

Anne DeBattista, PhD, CPNP, CPMHS

Stanford Children's Health

Joanne Howard, MSN, MA, RN, CPNP, PMHS

Primary Care Pediatrics

National Association of Pediatric Nurse Practitioners



Announcements

Hearing Loss in Children

Submitted by: Tiff Munzer, University of Michigan

Did you know? Approximately 2 to 3 out of every 1,000 children in the United States are born with significant hearing loss.

Join the "Hearing Loss in Children" course and learn how to address gaps currently existing in the health education curriculum for pediatric hearing loss. This five-week online course also gives learners the foundational knowledge that can be applied immediately in a broad range of health, educational, and home settings.

Enroll now at <http://myumi.ch/lxWrQ>.

*Learners may earn Continuing Medical Education credit when completing this course. Visit the course page for more details.

Module 1: Anatomy of the Ear

Module 2: Hearing Loss Diagnosis

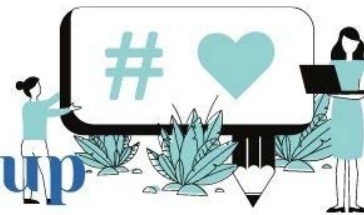
Module 3: Impact on Speech and Language

Module 4: State of the Art Interventions for Hearing Loss (including Educational Issues)

Module 5: Pediatric Vestibular System & Balance

<https://online.umich.edu/courses/hearing-loss-in-children/>

Social Media roundup



Damon Korb
@DrKorb

ICYMI: My tips for [#distancelearning](#). Know your learner and make home accommodations. [#distracted](#) [#anxious](#) [#unmotivated](#) [#perfectionist](#) [#hyperactive](#)

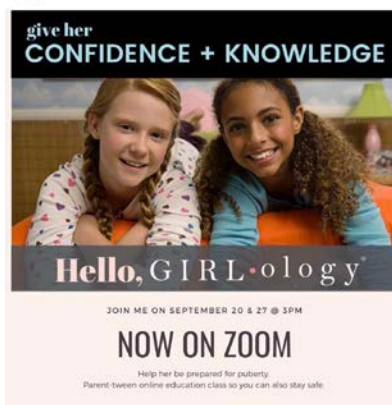


Parents' Guide to Virtual Learning: Know Your Child's Learning Style. medium.com

Our past president, **Damon Korb, MD**, has written several pieces on [#ParentinginaPandemic](#), including tips on distance learning. Follow him on Twitter at [@DrKorb](#).

Follow **Nerissa Bauer, MD's** stories on IG [@letstalkkidshealth](#) to catch her Zoom talks and also learn about the tools she has been creating to empower families. You can also find these on her blog,

www.letstalkkidshealth.org.



Hina Talib, MD, an adolescent medicine specialist, shares great teen and young adult health tips. Follow her on Instagram [@teenhealthdoc](#).

On Facebook, the page **Kind Little Humans** has created a space to share positive and useful information to support emotional well-being, including tips on dealing with big feelings and tough stuff like biting and hitting.

If you are presenting at this year's annual meeting, you may want to check out some great and not-so-great examples of Zoom Rooms as rated by RoomRater ([@ratemyskyperoom](#)) on Twitter! (No judgement here, though!)



Kind Little Humans
Aug 14 · 🌐
You've successfully stepped away from your child to get work done. They are playing independently and... See More





Feedback, questions, and submissions can be sent to **Alyssa Schlenz** alyssa.schlenz@childrenscolorado.org or to **Shruti Mittal** shrutimittal88@gmail.com.

